

**In the Specification**

Please amend Paragraph 0001 as follows:

[0001] This application is a continuation-in-part of U.S. Application No. 09/963,566, filed September 27, 2001, now U.S. Patent No. 6,752,250, which is incorporated herein by reference in its entirety. This application is also related to U.S. Application No. 10/850,209, filed May 20, 2004.

Please amend Paragraph 0074 as follows:

[0074] Figure 9 illustrates a shock and vibration isolation system 400 according to an embodiment of the invention that uses a piezoelectric recharging arrangement 450 to produce power for storage in a power supply 478. As in previous embodiments, the shock and vibration isolation system 400 includes a low frequency spring 410 ~~430~~ and semi-active damper 422, which may be an MR fluid damper or an ER fluid damper, mounted in parallel between a load plate 402 and a base plate 404. The shock and vibration isolation system 400 also includes a controller 430 in electrical communication with the semi-active damper 422.